GOSSIP: LIVESTRONG OR LIVEWRONG? {page 07}

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PHILADELPHIA
Monday, January 21, 2013

Pennsylvania has been cited as one of the most uncooperative states in sharing mental health records with the national background check system But last week, police uploaded a staggering 643,167 records into the federal database of prohibited gun purchasers {page 02}

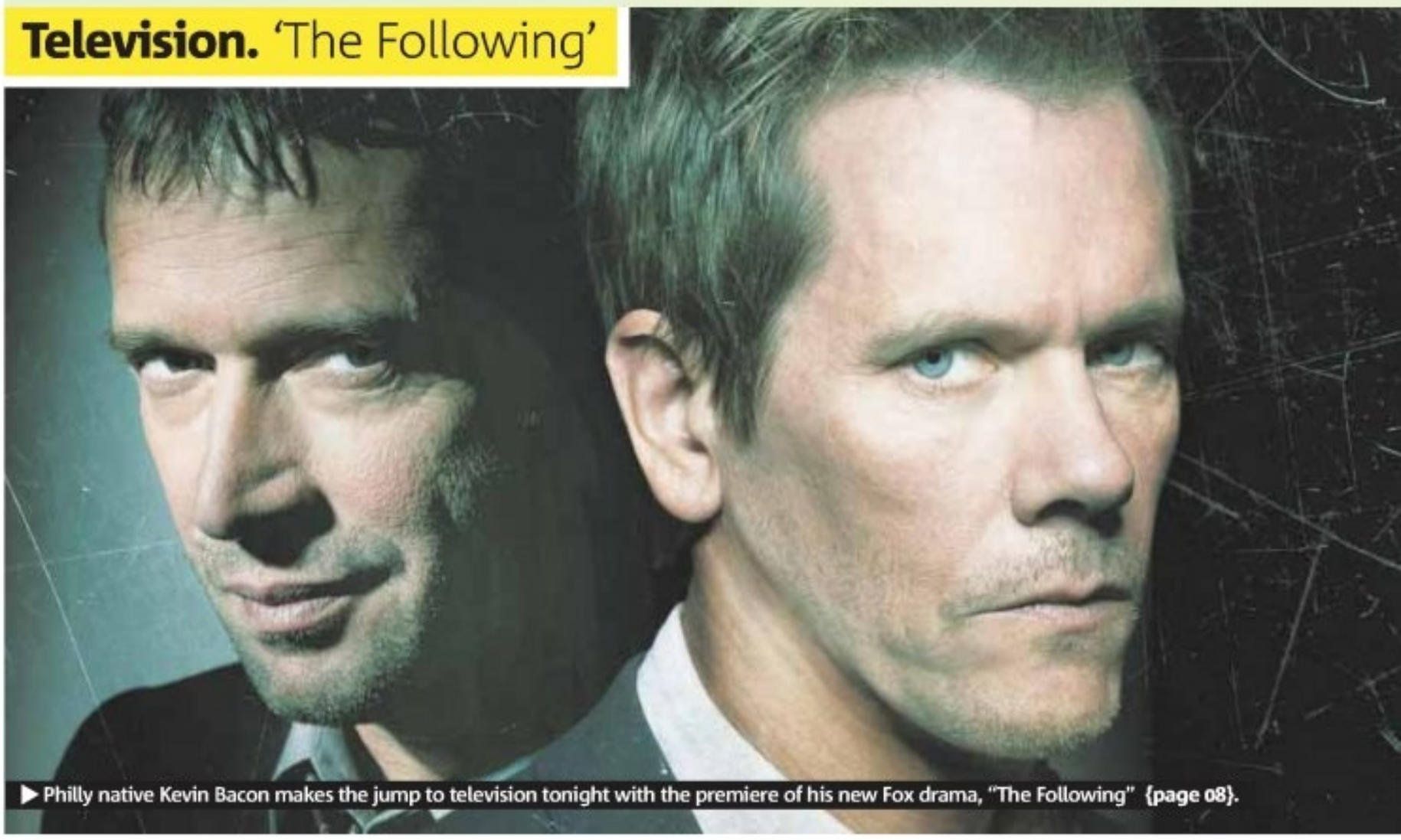
STATE CHECKS ITSELF

jobs

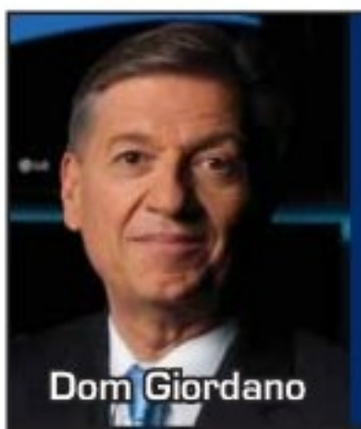
Work from home and do good work

It takes discipline to stay off fun websites and get the job done {page 13}

Television. 'The Following'



Philly native Kevin Bacon makes the jump to television tonight with the premiere of his new Fox drama, "The Following" {page 08}.



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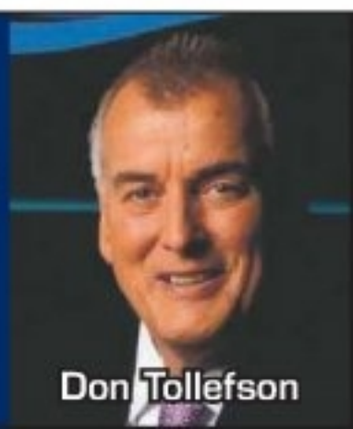

State suddenly shares data for gun background checks

State police uploaded 643,167 mental health records into national criminal background check system last week ◗ Move surprising after years of inactivity

Two years after Mayors Against Illegal Guns ranked Pennsylvania one of the most uncooperative states when it comes to sharing mental health records with the national database against which gun sale background checks are conducted, state police last week opened the floodgates.

Pennsylvania State Police sent more than 643,000 records from the state background check database regarding residents who have been diagnosed with a mental illness or committed to an institution, according to multiple reports.

Quoted

"This is not going to solve the illegal gun problem by itself, but it will make it harder for dangerous people to buy guns and use them to harm others."

LANCASTER MAYOR RICK GRAY, STATE CHAIRMAN OF MAYORS AGAINST ILLEGAL GUNS

"After years of red tape, Pennsylvania officials have taken a big step toward keeping guns out of the hands of dangerous individuals," director of Mayors Against Illegal Guns Mark Glaze said in a statement.

Before the data dump, state police had submitted merely one prohibited purchaser's mental health record to the national system. According to the 2011 Mayors Against Illegal Guns report, that was in part because the mental health rules prohibiting Pennsylvanians from purchasing guns are more stringent than those observed federally and the state had not determined how to screen and share only those records that would preclude firearms purchases under national guidelines.

Following a long and apparently unfruitful wait for federal clarity, state police reportedly decided to share all of the mental health records available to them.

"In the nearly two years since we published our report, we've seen a renewed focus on ways to prevent people who have been judged a danger to themselves or others from obtaining dangerous firearms," Glaze said. "We applaud the Pennsylvania State Police for cutting through the bureaucratic obstacles and putting the safety of American citizens first."

Alex Wigglesworth
awigglesworth@metro.us

In the news

Free flu shots for restaurant workers

PHILADELPHIA. Advocacy group the Restaurant Opportunity Center of Philadelphia is partnering with Thomas Jefferson University's Center for Urban Health to tomorrow offer restaurant workers free flu shots.

Center City's Restaurant Week, which started yesterday, this year falls in the middle of what the Centers for Disease Control is calling "the worst flu epidemic in a decade."

Those wishing to receive a shot — administered from noon to 4 p.m. at Jefferson's Center for Urban Health (211 S. Ninth St., Suite 313) — are asked to register by e-mailing sheila@rocunited.org or calling 215-867-9747. **METRO/AW**

Local tweet

"I'm headed to the mall to get my picture taken on Martin Luther King Jr.'s lap!"

CHRIS WARD, @_CHRIS_WARD, ON HOW HE PLANS TO SPEND TODAY'S HOLIDAY. LET US KNOW HOW THAT WORKS OUT.

Holiday. MLK Day

▶ Monsignor David Benz, pastor of Saint Therese, and Archbishop Chaput participated in yesterday's interfaith prayer service.

RIKARD LARMA/METRO

Prayer service commemorates MLK Jr.

Archbishop Charles Chaput yesterday led the 30th annual Interfaith Prayer Service in commemoration of slain civil rights activist Dr. Martin Luther King Jr. at Saint Therese of the Child Jesus Catholic Church in East Mount Airy. Speakers from a number of denominations presented scripture passages followed by brief reflections. The event was sponsored by the Secretariat for Evangelization and the Office for Black Catholics of the Archdiocese of Philadelphia. **METRO**

In the news

Prostitution bust nets four arrests in Tacony

TACONY. Four women who police said advertised their services as "massage therapists" were on Tuesday arrested for alleged prostitution during a Citywide Vice Enforcement Unit sting on the 6800 block of Torresdale Avenue in Tacony. Police said an undercover investigation was launched after the Unit received complaints that illicit sex acts were being performed at the establishment.

Taken into custody were Aneisah Scott, 20, of the 5600 block of McMahon St.; Christina Bohnert, 26, of the 5000 block of Griscom St.; Lisa Ann Kingston, 52, of the 1000 block of Second Ave. in Croydon; and Brenda Davila, 39, of the 4600 block of Griscom St.

Car crash kills young woman

NORTHEAST PHILADELPHIA. A 25-year-old woman was killed early yesterday morning after a one-car accident at Woodhaven and Knights roads.

Investigators said the woman was driving a 2005 Hyundai Tuscon east on Route 63 when around 4:15 a.m. she lost control of the vehicle, struck a guardrail, flipped over and plunged down an embankment. The woman died shortly before 5 a.m. at Aria Health-Frankford. **METRO/AW**

Michael Jackson's shoes stolen from auction in Center City

GETTY IMAGES

▶ Smooth criminal? Possibly — there are no suspects at this time.

A pair of shoes that once belonged to King of Pop Michael Jackson were stolen early yesterday morning from a Center City hotel.

Police said officers were called to the Loews Hotel at 1200 Market St., which was hosting the 19th annual Hair O' The Dog Auction, around 2 a.m. for a report of a theft.

The hotel security team told investigators that they had been handling an incident at one end of a second-floor hallway. When they returned to the floor's other side, they found that a pair of autographed Michael Jackson shoes and their certificate of authenticity had gone missing.

Hotel and private security surveyed the area, but found nothing.

There were approximately 2,000 attendees at the auction.

The exact value of the shoes has not yet been disclosed, though police did say they were considered a "high-priced item." **METRO/AW**

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In the news

Philly police lend Inauguration Day security support

RICARD LARMA/METRO

PHILADELPHIA. Seventy-five Philadelphia police officers on Saturday departed for Washington, D.C., to assist the Metropolitan Police Department in providing security for President Obama's second inauguration. They will be stationed on the parade line, where they will assist with traffic and crowd control. All costs incurred by the detail are being covered by the Metropolitan Police Department, and the officers' temporary departure will not affect the level of manpower on the streets in Philadelphia. METRO/AW

State labor force rises, but so does unemployment

HARRISBURG. Pennsylvania's civilian labor force grew by 17,000 people last month, reaching a new record high of nearly 6.56 million workers, according to a release from the state Department of Labor and Industry.

But with only 5.75 million jobs available, state unemployment rose 0.1 percent from November and crept above the national average, reaching 7.9 percent. METRO/AW

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Opinion

JOHN BOLARIS
BOLARIS VISION

ARMSTRONG FALL FROM GRACE NOT UNIQUE

Lance Edward Armstrong was an American hero: In October of 1996, he was diagnosed with testicular cancer that had spread to his brain and lungs. Near death, he battled back and beat cancer, then went on to win a world-record seven straight Tour de France cycling championships.

Yes, Lance we loved you. Not so much for winning all those championships, but for what you represented — the hope to beat the odds, and at the same time reaching athletic glory.

As for the rumors of Lance using performance-enhancing drugs? No way — not Lance. He assured us thousands of times, and test after test nothing was found. Certainly, it was more easy to believe in some witch hunt by the Union Cycliste Internationale.

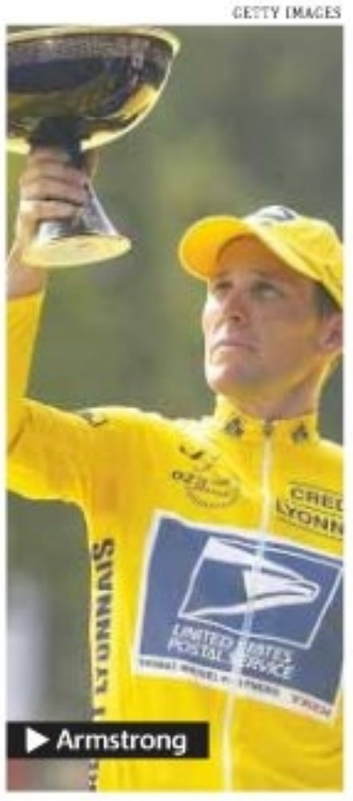
Quoted

It's sad, really, and one can only speculate why he would lie and deceive for years.

Last week, we found out the truth as Lance confessed his sins to Oprah Winfrey. He not only cheated for years and years, he squashed anyone who dared to taint his name.

It's sad really, and one can only speculate why he would lie and deceive for years. I do have a theory, though: Lance Armstrong is a product of American society's message to win, and to win at all costs. It's especially true in sports.

GETTY IMAGES



Do you remember the No Fear T-shirt that read "Second place is the first loser"? I do — Lenny Dykstra gave it to me back in the '90s. Once a famous baseball player, Lenny — who has admitted to using steroids — is now in prison for his "win at all costs" philosophy in life.

Barry Bonds, Alex Rodriguez, Mark McGwire, Roger Clemens — all of these potential Hall of Famers cheated with drugs to win. Why? Because second place is the first loser — and nobody pays to see a loser.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Obama sworn in as inauguration looms

President Barack Obama took the official oath for his second term yesterday at the White House in a small, private ceremony that set a more subdued tone compared to the historic start of his presidency four years ago.

With his family in the Blue Room on the White House's ceremonial main floor, Obama put his hand on a family Bible and recited the 35-word oath that was read out loud by U.S. Chief Justice John Roberts.

"I did it," Obama said as he hugged his wife, Michelle, and daughters Sasha and Malia. "Thank you, sweetie," he told Michelle when she congratulated him. "You didn't mess up," Sasha Obama told her father.

It was a low-key start to the first African-American U.S. president's second term, which is likely to be dominated — at least at the start — by budget fights with Republicans and attempts to reform gun control and immigration laws.

Obama, 51, will be sworn in publicly today outside the West Front of the Capitol overlooking the National Mall in front of as many as 800,000 people — a much bigger ceremony replete with a major address and a parade.

GETTY IMAGES

▶ President Obama was officially sworn in by Chief Justice John Roberts yesterday. Next to Obama are first lady Michelle Obama and their daughters, Malia and Sasha.

Fourth time

By today, Obama will have been sworn in four times, two for each term, putting him equal to Franklin Roosevelt, who served four terms. A second Obama swearing-in was deemed necessary in 2009 when Roberts flubbed the first one. Yesterday, Roberts read the oath carefully from a card and there were no mistakes.

Biden has presidential gaffe at ball

Was it just another slip of the tongue by Vice President Joe Biden or a preview of the next presidential campaign?

Hours before Biden and President Barack Obama were due to be sworn in for their second four-year terms, Biden told supporters at the Iowa State Society inauguration ball late Saturday: "I'm proud to be president of the United States."

The audience laughed and cheered.

Biden's son Beau, attorney general of Delaware, interrupted his father and told the crowd he'd misspoken.

Although Biden will be a few days short of his 74th birthday on the next election day in 2016, he has hinted that he is considering a run for president.

REUTERS

In the news

NTSB rules out Dreamliner battery flaw

WASHINGTON. The U.S. National Transportation Safety Board yesterday ruled out excess voltage as the cause of an auxiliary power unit battery fire last month on a Boeing Co. 787 Dreamliner jet operated by Japan Airlines Co. and widened its investigation to include the Arizona-based manufacturer of the battery's charger.

Last week, governments across the world grounded the Dreamliner while Boeing halted deliveries after a problem with a lithium-ion battery on a second 787 plane, flown by All Nippon Airways Co., forced the aircraft to make an emergency landing in western Japan.

REUTERS

GETTY IMAGES

▶ 787 Dreamliner

32V

"Examination of the flight recorder data from the JAL B-787 airplane indicates that the APU battery did not exceed its designed voltage of 32 volts," the NTSB said in a statement that was forwarded by a Boeing Japan representative.

Al Qaeda claim attack as hostage toll in Algeria rises

ALGIERS. Algeria's government said yesterday the death toll from the gas plant attacked in the Sahara desert would rise from the 23 hostages initially thought.

"I am afraid, unfortunately, to say that the death toll will go up," Minister of Communication Mohamed Said was quoted as saying by the official APS news agency, adding that a final death toll would be released in the coming hours.

The previous death toll given by Algeria's Interior Ministry was 23 hostages and 32 militants killed during the assault launched by Algerian special forces to end the crisis, with 107 foreign hostages and 685 Algerian hostages freed. REUTERS

"I am afraid, unfortunately, to say that the death toll will go up."

MINISTER OF COMMUNICATION MOHAMED SAID WAS QUOTED AS SAYING BY THE OFFICIAL APS NEWS AGENCY

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A TRUE STORY OF BLACK HOLES

Weird Science

JUSTIN DOWD
WINNER OF METRO'S RACE TO SPACE

www.metro.us/weirdscience

Log on

Justin produced a chalkanimation video to accompany this column. View it at **www.metro.us/weirdscience.**

Black holes are real. New discoveries show some influence entire galaxies. In 1990 the Hubble space telescope observed stars orbiting something invisible. Images revealed evidence of a black hole 400 million times the mass of the sun dwelling in the Milky Way's core. When a large star runs out of fuel it collapses under its own gravity and explodes. Outer shells of rich stardust shoot into space, some destined to form new planets and living things like you. An iron core remains and collapses until gravity becomes so strong a black hole is born from the stars' ashes.

These mysterious objects are veiled by an event horizon, a point of no return where gravity becomes so strong nothing can escape — not even light. No one knows what lies behind the one-way curtain.

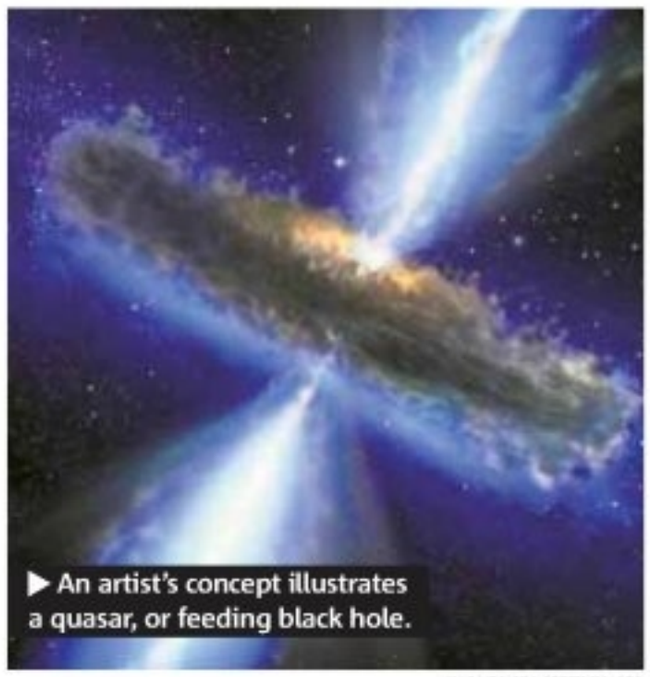
Some physicists believe supermassive black holes create passages, or wormholes to parallel universes. Albert Einstein and Nathan Rosen published a paper to describe the tunnels through space. Oxford mathematician Charles Dodgson studied similar concepts in the 1800s. He was also a writer who used the pen name Lewis Carroll. It's no coincidence he described Alice falling down a rabbit hole on her way to a strange wonderland.

Black holes also demonstrate how atoms are mostly empty space. If the sun were compressed into a black hole, it would be around the size of Manhattan. A black hole with the mass of Earth could fit inside a cantaloupe. You could be squeezed into a space smaller than an atom, and still contain an enormous amount of energy. If all the potential stored in your body was unleashed, the resulting explosion would dwarf the largest nuclear bomb ever built.

A recent discovery found supermassive black holes lurk in the core of nearly every galaxy and contribute to star formation.

Quoted

These mysterious objects are veiled by an event horizon, a point of no return where gravity becomes so strong nothing can escape — not even light. No one knows what lies behind the one-way curtain.



▶ An artist's concept illustrates a quasar, or feeding black hole.

NASA/ESA/VIA GETTY IMAGES

How they affect roughly a hundred billion-star neighborhood remains unknown.

If black holes directly affect star formation, a process necessary to forge elements vital for life, then the supermassive monster that's floating right now 25,000 light years away, contributed to your existence today. That is true story of black holes.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

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myentertainment

THE WORD

Dorothy Robinson's take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

▶ Kristen Bell is pretty in purple.

ALL PHOTOS GETTY IMAGES

A baby bump at Sundance

Actress Kristen Bell, who is expecting a little one with fiance Dax Shepard in the spring, showed off her baby bump at the premiere for her new film, "The Lifeguard," at the Sundance Film Festival in Park City, Utah, on Saturday.

All of Hollywood is mad at Armstrong — except JJ Abrams

Lance Armstrong and Hollywood have always been pretty tight. He and the puppy-eyed **Jake Gyllenhaal** would go bike riding together; **Matthew McConaughey** and he have been buds (and Austin neighbors) for years and the guy was even engaged to poor **Sheryl Crow**. But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

▶ Who knows what's in those friends' glasses in 2006?

After the bombshell interview with **Oprah**, stars took to Twitter to express their disdain. **Carson Daly** tweeted: "He is a cheater and liar. I'm embarrassed that I was such a fan for so long." Meanwhile, **Seth Meyers** joked: "Say what you will, he's still the Lance Armstrong of d*ck-heads." And perhaps **Piers Morgan** was just bitter that Oprah got the interview and not him when he wrote: "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in Hollywood that is hot to trot for Armstrong's story: **JJ Abrams**. The "Star Trek" director and "Lost" co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter **Juliet Macur**'s book "Cycle of Lies: The Fall of Lance Armstrong," which is set to be released in June. Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point, but those plans were scrapped after Armstrong was stripped of his Tour de France titles in August.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@MalinAkerman: At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth: When does the gurgling, nasuea end. When

@EmWatson: Rooney Mara seems -so cool. #vogue

@SethMacFarlane: If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

Talking points

Was Spears' 'blindsided' by split from ex-fiance?

Reports that **Britney Spears'** split from ex-fiance **Jason Trawick** was "mutual" have apparently been greatly exaggerated, as sources tell Us Weekly that the singer was completely blindsided by the news. "He had been planning to break up with her for months," one source tells the magazine, while another adds, "Everyone knew Jason was leaving her but Britney. She's in la-la land."

▶ Radcliffe

Radcliffe flaunts new girlfriend at Sundance

Daniel Radcliffe is reportedly dating his "Kill Your Darlings" co-star **Erin Darke**, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting cozy and even sharing a kiss with Darke, according to People magazine. One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while."

▶ Darke

Fox and Swift resolve issues

Michael J. Fox doesn't want **Taylor Swift** anywhere near his 23-year-old son, **Sam**, he told Vulture, responding to a joke **Tina Fey** about the serial-dating Swift going after Sam during the Golden Globes last week. "I don't keep up with it all," Michael said. "But Taylor Swift writes songs about everybody she goes out with, right?" He admits he wouldn't be able identify Swift if she did end up at a family dinner on his son's arm, but that the inevitable breakup song would tip him off. "'Sam, You Piece of S—t.' Oh, that was the girl you brought home," he jokes. Swift has been able to patch things up with the Fox clan rather quickly, tweeting, "Hey everybody, Michael J. Fox got in touch with me today and we are good."

▶ Swift

▶ Sam Fox

myentertainment

TV watch list

▶ Carrie gets off to a rough start with Sebastian on "The Carrie Diaries."

CRAIG BLANKENHORN/THE CW

'The Carrie Diaries'

DRAMA. Carrie scrambles to make it to work after her trendy purse is included in an Interview fashion shoot. Good thing she's not wearing Manolo Blahniks yet.
8 p.m., The CW

'Castle'

DRAMA. The founder of the hit adult video franchise "College Girls Gone Crazy" is murdered, with a lot of angry dads filling the pool of likely suspects.
10 p.m., ABC

'Lizard Lick Towing'

REALITY. It's kind of difficult to repossess vehicles when you've become a reality TV star. Ron Shirley and his team adjust tactics for Season 3.
Season premiere, 10 p.m., truTV

AMBER RAY

Looking for a 'Following' on TV

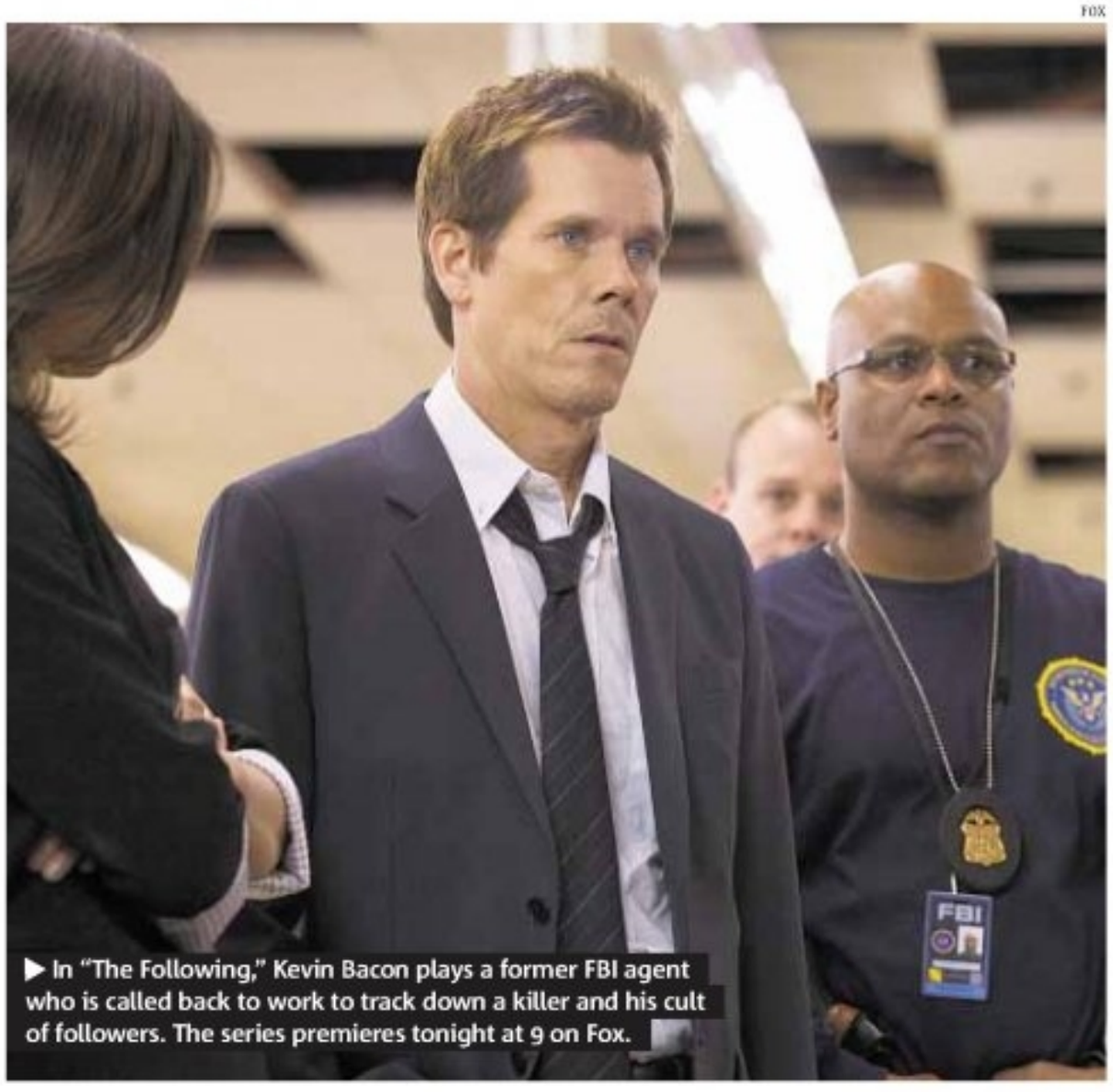
Kevin Bacon is headlining his first TV show ◗ Why he considered a network show after years in movies ◗ 'I've made a lot of bad choices,' admits the actor

It's taken surprisingly long for Kevin Bacon to find his way to the lead role in a TV drama, but he's finally doing so with "The Following," from "Scream" creator Kevin Williamson. And the biggest surprise, at least to Bacon, is that it's on network television. "I honestly thought I'd end up on cable," says Bacon, whose wife, Kyra Sedgwick, has done well for herself in the cable world with "The Closer." But Bacon doesn't mind guessing wrong about his own career.

What did this show have that other TV projects you may have looked at didn't?
Well, it was a couple of things. First off, I tried to develop two [shows] that didn't quite get there by the time this one came along. Sometimes they were amazing pilots and people would say to me, "Yeah, but is there really a show there?" And since I'm really not used to reading something with the eye on four years down the line, that was kind of a new thing to me. And then other things had strange network or cable politics around them that they just didn't fall into place, and this one did.

So this one has something in it that could carry on for years, you think?
Yeah, but what do I know? I mean, look how many f— ing movies I've done. And how many of them are hits — 2 percent, 5 percent — not a lot of them. So I've made a lot of bad choices. I'm not someone who thinks too carefully about what the long-term implications are.

For years, the line's been: "All the good writing is on cable." Do you see that changing now?
There's got to be some network guys around here you could interview about that idea. I don't know. I don't know the answer to these questions. I'm much more following it, if I can say that now, but I don't have the answers.



FOX

▶ In "The Following," Kevin Bacon plays a former FBI agent who is called back to work to track down a killer and his cult of followers. The series premieres tonight at 9 on Fox.

Quoted

"I'm not someone who thinks too carefully about what the long-term implications are." BACON

Q&A

You said that you thought you'd end up on cable when you got to TV.

When I first approached the idea of doing a show, yeah, I thought cable. Well, first off, I went from the idea that cable was just going to be Showtime or HBO. Premium, right? And then in the course of a year or so, that's when it started to morph. All of a sudden I'm like, "Holy s—, 'Breaking Bad' is off the chain!" Look at shows that are on FX, you know, and "The Closer." And now all of a sudden it's like, "Well, what about Netflix?" You just do a show and there is no network. Things have changed and morphed so much.

Ned Ehrbar
METRO WORLD NEWS

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'Mama' smothers the weekend competition

Jessica Chastain stars in the top two films at the box office, leaving Arnold Schwarzenegger and Mark Wahlberg in the dust

UNIVERSAL PICTURES

▶ Victoria (Megan Carpenter) has plenty to scream about in "Mama."

Box office

Jessica Chastain in a low-budget horror flick overpowered Mark Wahlberg and Arnold Schwarzenegger to emerge as the weekend box office champ, while her Oscar-nominated "Zero Dark Thirty" captured the second spot as well.

Chastain's supernatural thriller, "Mama," pulled in $28.1 million from Friday through Sunday at U.S. and Canadian theaters, according to studio estimates, beating out a crop of new testosterone-fueled, male-targeted releases that finished far back in the pack.

"Zero Dark Thirty," for which Chastain is a leading best actress Oscar contender, took in $17.6 million, while another 2012 release and Oscar favorite, "Silver Linings Playbook," finished third with $11.35 million.

"Broken City," a crime thriller starring Wahlberg and Russell Crowe, finished fifth with $9 million behind "Gangster Squad," which took in $9.1 million, while Schwarzenegger's new action film, "The Last Stand," earned $6.3 million for a dismal 10th place.

"Mama" stars Chastain as a musician who doesn't want children but is forced to take care of two orphaned nieces who have been living in the woods. Based on a 2008 short film, the movie was produced for about $15 million.

REUTERS

Top 5 films

1. **"Mama,"** 28.1 million
2. **"Zero Dark Thirty,"** $17.6 million
3. **"Silver Linings Playbook,"** $11.35 million
4. **"Gangster Squad,"** $9.1 million
5. **"Broken City,"** $9 million

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mywellbeing

Don't let nomophobia or Venustraphobia get you!

Fear of being without your phone? Fear of beautiful women? These are very real anxieties and you can learn ways of coping

No More Drama

JONATHAN ALPERT
WWW.JONATHANALPERT.COM

Most of us can identify with nomophobia — the fear of being without technology — and Venustraphobia — the fear of beautiful women — at least to some extent. I have patients who come to see me and will complain that they panic without cell phone service or are frightened by gorgeous people. So, it is all very normal to feel these things. In the world of labeling our behaviors and feelings though, we have names for almost everything.

Nomophobia

Nomophobia is derived from the words "no mobile" and came from a 2008 British study where approximately half of all participants surveyed reported feeling some form of stress or anxiety in the absence of mobile phone use. This is consistent with what I see with some of my patients as well. The symptoms include checking your phone frequently for messages, feeling anxious without it, using the phone in inappropriate places (such as a house of worship) and feeling "naked" without it. Nomophobia is one of those technology-derived disorders and a reflection of our 24/7 news cycle, in which people feel they have to be connected and accessible at all times. Fifteen years ago, this problem hardly existed. Here's how to combat nomophobia:

- **Monitor your use.** Know when your use is heaviest. Is it at night when you're lonely? Is it when you're bored? Address the underlying issues.
- **Carve out acceptable times to check or use your telephone.** Some ideas might be: on your lunch break, before work or only for really important calls during the workday.
- **To ensure that you don't lose cell use capability, take precautions** like charging the phone prior to leaving home.

Venustraphobia

Venustraphobia is the fear of beautiful women. As with most phobic responses, the person will experience classic symptoms if faced with beautiful women — or even merely thinking about them. Shortness of breath, nausea, dry mouth, perspiring and an inability to think or speak clearly are all typical. A common adaptive response is to avoid beautiful women at all costs.

The ramifications could be missing work, not developing romantic or even platonic relationships and depression. The treatment: Change your thinking and behavior. Address the underlying beliefs and test out how true or false they are. For example, people with Venustraphobia might think, "She'll reject me." Ask yourself: How do you know if she'll reject you? Where's the evidence? Then, approach and interact with beautiful women to prove to yourself that you can be just fine in their presence.

GETTY IMAGES

▶ Any man would be a little nervous to talk to Heidi Klum. But the hottie at the bar? Totally approachable. Work past your fears of rejection — chicks dig confidence.

– Jonathan Alpert is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at jonathan@jonathanalpert.com

Metro does not endorse the opinions of the author.

myjobs

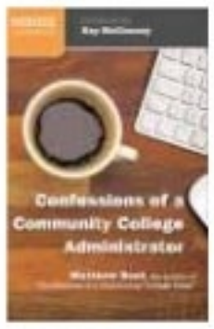
Matthew Reed

Matthew Reed diagnoses a broken system

When Matthew Reed was dean of the County College of Morris, he started an anonymous blog, "Confessions of a Community College Dean," where he blended wonkish observations on education policy with a playful take on his life in the North Jersey suburbs: "Foucault, plus lawn care," as he puts it.

"It started as a way to think out loud about some of the dilemmas I was facing," says Reed. "But as a community developed around it, it became a way to address larger issues in higher education."

By 2007, "Confessions" was picked up by Inside Higher Ed — one of the most popular websites in the field. It soon developed a nationwide following and, now, a book deal: "Confessions of a Community College Administrator" was released this month.



"Economists define productivity as the amount of stuff you can produce in a given amount of time. ... But in education the time is fixed: We denominate learning in units of time — semesters, credit hours, years."
REED

Reed mostly cut down on the snarky humor for the print version. This "Confessions" is a scholarly diagnosis of a system in peril.

"It's taken me years to finally see an underlying structural problem with higher education," he says. "Economists define productivity as the amount you can produce in a given time. Our economy has steadily increased productivity, but in education the time is fixed: We denominate learning in semesters, credit hours [or] years and can never increase productivity like the rest of the economy. We become more and more expensive by definition, which means higher tuition, more adjunct professors, etc."

Reed admits that finding alternatives to credit hours isn't simple, but he's willing to make some suggestions:

"We define the point of a course as the student being able to do X by the end of it. If the student is able to do X in six weeks instead of 16, shouldn't they go on to the next thing? Right now, we make them do the full 16, during which we're paying people."

Bruce Walsh
bruce.walsh@metro.us

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Higher education outlook negative, according to Moody's

GETTY IMAGES

▶ Harvard University is the world's wealthiest school.

Not a sure bet

▶ While private institutions with larger endowments can subsidize tuition, they are also facing more volatile returns, according to Moody's. Harvard University in Cambridge, Mass., the world's wealthiest school, has a $30.7 billion endowment. Still, it lost 0.05 percent on its investments in the year ending June 30 after gaining 21 percent the previous year.

Moody's Investors Service changed its 2013 outlook for all U.S. higher education to negative, citing mounting pressure on revenue sources.

"Most universities will have to lower their cost structures to achieve long-term financial sustainability and fund future initiatives," Moody's said, in a report led by analyst Eva Bogaty.

Market-leading institutions were previously rated as stable: not anymore. The cost to attend college has increased faster than the rate of inflation over the past four decades. Some private institutions charge up to $60,000 a year.

"Most universities will have to lower their cost structures to achieve long-term financial sustainability and fund future initiatives."

FROM THE MOODY'S REPORT

Price sensitivity is having an impact on student demand because of a "prolonged period of depressed family income and household net worth." The number of high school graduates has also fallen since the 2007-2008 academic year, Moody's said.

Public universities that have seen state funding decline in recent years can expect more of the same, according to the Moody's report. Research funding is also vulnerable to federal budget cuts, according to the report. **BLOOMBERG**

Colleges downgraded

The rating company downgraded more than 20 universities last year, according to data compiled by Bloomberg. Among the largest was Pennsylvania's State System of Higher Education, a 14-school system. Moody's cut $1.5 billion of the system's debt to Aa3 from Aa2 largely because of its financial dependence on the state, which was also downgraded. Private institutions on the decline included Franklin W. Olin College of Engineering in Needham, Mass., and Morehouse College in Atlanta, Ga.

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How to make working from home work for you

FOGSTOCK

▶ When working from home, make sure to limit distractions.

As a kid, most people dream of working in a big corner office with one of those leather chairs that swivels around and a secretary outside the door, ready to help at the buzz of a buzzer.

Not everyone. Some people dream of being able to earn a living without having to change out of their pajamas, working from home. But when they get the chance to make the couch into an office, trading in work shoes for house slippers can also mean trading in productivity.

At home, workers are surrounded by distractions. Everything from a fully stocked fridge to daytime television could pull you away from the laptop. Soon, you may be working 12-hour days just to get everything finished.

More than one in five university-graduate employees work at home as the trend of shifting work from the office to the rec room continues to climb.

If that's you, here are some tips for ensuring that a change in venue doesn't change your level of productivity:

Create your own workday: If you typically subscribe to the 9-to-5 work day, don't let your fluffy comforter and big-screen TV distract you into a new routine. Creating and maintaining a regular work day, with scheduled hours that are devoted to your work and nothing else, will help ensure that you are still productive.

Make sure anyone sharing your space knows your schedule and doesn't bother you while you work. Try to build as much of a separation from home and work activities as possible to guarantee that they both get done.

Act like you're in the office: When working at home, the lack of supervision can lead to a lack of self-discipline. If checking Facebook once becomes a stalk-fest of your high school ex-boyfriend and his weird new car, it has gone too far.

According to human resources expert Michael Timmes, people have to be careful using social media when working from home. Posting about doing errands during the workday may make others think that you aren't getting your work done. You have to be conscious of what you're posting online and when.

Finally, don't forget to keep a professional tone in e-mails and on phone calls, even if you're lounging on the couch in your penguin pajamas.

Make to-do lists

It works for your errands, so why not for your work tasks? Writing yourself daily to-do lists will help keep track of your progress throughout the day. Keeping a daily tally of your projects and work items will also ensure that you don't spend your work day flipping through family photo albums, because it will give you a series of deadlines.

Create your own office

To avoid getting distracted by temptations around the house, designate an area as your work space and treat it like an office. Make sure it is away from main common spaces, with enough privacy to focus. A designated work space will help you get things done and will make it easier to leave when your workday has come to an end.

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Horoscope

♒ Aquarius **Jan. 20-Feb. 19.** An important lesson you learned from past experience can be effectively applied in handling a testy, current development. Use it!

♓ Pisces **Feb. 20-March 20.** When it comes to a project or endeavor that you think can be complemented by another person, don't hesitate to team up. Doing so will produce superior results for both of you.

♈ Aries **March 21-April 19.** Because of your ability to accurately assess your alternatives, your decisions should work out to your ultimate benefit. You can trust your conclusions.

♉ Taurus **April 20-May 20.** Both small and large opportunities could yield substantial returns, mostly because of your ability to skillfully manage anything that comes your way.

♊ Gemini **May 21-June 20.** Don't hesitate to assume greater control over a joint involvement that is not working out to your satisfaction, if you believe you can turn things around. Your partner will be pleased.

♋ Cancer **June 21-July 22.** It might surprise you when others start to confide in you, but they'll only do so when they realize that you're the one who seems to know how to handle all kinds of problems.

♌ Leo **July 23-Aug. 22.** Adopt a hopeful, positive attitude today regarding your newest endeavor and start moving toward it the moment you realize the view over the horizon is beginning to look particularly good.

♍ Virgo **Aug. 23-Sept. 22.** All the key elements are trending in your favor at this time, making you far more financially fortunate than usual. Ride the wave while it's breaking.

♎ Libra **Sept. 23-Oct. 23.** Bits and pieces that wouldn't fit together previously could start to come together. When you begin to see the picture, put your plans into action.

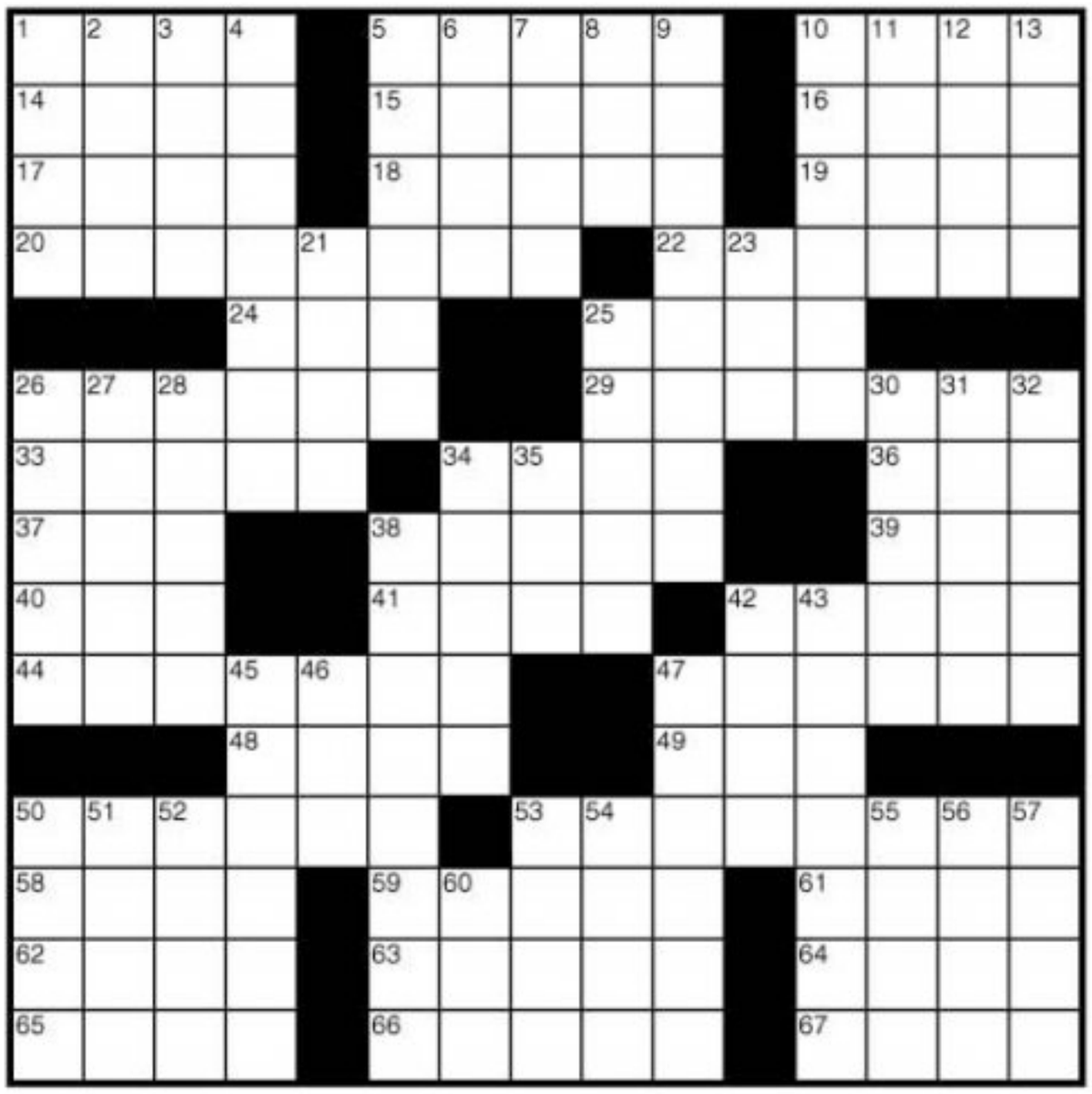
♏ Scorpio **Oct. 24-Nov. 22.** If you go out of your way to ensure that you handle things correctly for another, there's a strong possibility that you'll be asked to participate in something big and successful.

♐ Sagittarius **Nov. 23-Dec. 21.** Certain people with whom you have a partnership arrangement could start to play vital roles in your affairs. Do everything in your power to keep these alliances agreeable, because today it might be the latter.

♑ Capricorn **Dec. 22-Jan. 19.** The chances of fulfilling an ambitious objective are likely to be far greater now than they will be in the future. Don't delay anything that can be accomplished immediately.

BERNICE BEDE OSOL

Solution to weekend's crossword



Across
1 Hard facts
5 Nintendo hero
10 Swiss painter Paul —
14 Apply paint
15 "Wellaway!"
16 String together
17 Revise
18 Municipal
19 Whim
20 Set off
22 John Wayne genre
24 Hayloft
25 Actress Penelope —
26 Jeweler's measures
29 Fancy socks
33 Isolated
34 Bean used in falafel
36 Ms. Thurman
37 Kind of vaccine
38 Dot on a monitor
39 Catch cold
40 Nebr. neighbor
41 Bulrush or cattail
42 Grown-up
44 Firedog
47 Full moon and half-moon
48 Apply gold leaf
49 Mouse alert
50 False
53 Uproars
58 Stanford rival
59 First P.M. of India
61 Accepted
62 Might's partner
63 Broad smiles
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67 Neill and Peckinpah

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1 Froze over
2 Twig juncture
3 — accompli
4 Hassock
5 Colorful squawkers
6 Perched
7 Rhapsodize
8 Here, to monsieur
9 Gunfight locale (2 wds.)
10 Clumsy
11 Milan money of yore
12 Bridge bldr.
13 Just scrapes by
21 Observe
23 Leo mo.
25 Yielded to pressure
26 "The Castle" novelist
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28 Like a hoop
30 Feasts with poi
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60 Before

Letters

The Second Amendment not a peaceful one

Many letters to Metro regarding gun control assume that the Founding Fathers intended that guns would be used in a "rational and responsible" manner (i.e., hunting) and not to jeopardize other citizens. This is incorrect. High school civics class teaches that the Second Amendment was deliberately and specifically written so the people could violently overthrow government tyranny (i.e., the British). Read the Second Amendment in full: "A well-regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." Hunting isn't mentioned. **DREW BATES, VIA E-MAIL**

Want inaugural tickets? Take out a mortgage

I missed my invitation to attend the Jan. 21 inauguration in Washington. Top-tier donors who have raised millions have packages that include access to the inauguration's parade of exclusive receptions and other events.

Second-tier donors may attend a candlelight reception at the National Building Museum. This includes a photo reception with the president, Vice President Joe Biden and their wives at a cost of up to $100,000 per ticket. No need to bring your camera!

Late-breaking news for third-tier donors: They can participate in the marked-down, discount "Monroe Package" for only $7,500.

Will any of these participants be traveling around town on the Washington Metro subway system with ordinary commoners?

The White House bashes Wall Street with one hand, but continues to be looking for big bucks with the other. President Obama's inaugural committee is still millions of dollars short of their $50 million fundraising goal. The professional fundraisers who raised $1 billion to guarantee his reelection continue to solicit contributions from the usual crowd of Wall Street executives along with lobbyists, trial lawyers, real estate developers, Hollywood celebrities, special interest groups, millionaires and the "K" Street Washington Pay-for-Play crowd.

Obama claims to be a friend of the 99 percent, but nothing will change in his second term. He still loves spending time dining and partying with the 1 percent.

LARRY PENNER, VIA E-MAIL

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Drexel holding out hope for late tournament run

Dragons fighting off injuries, trying to build chemistry Looking to peak in CAA tourney

There's always buzz in college basketball when March rolls around. Schools are fighting for one of 68 invitations to the NCAA Tournament.

Drexel knows about the month of March all too well in recent years.

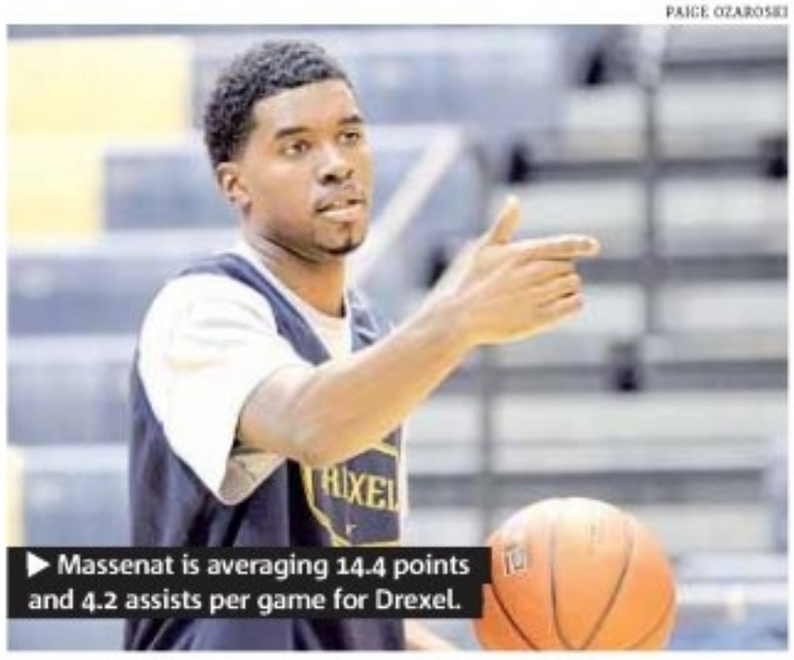
Back in 2006-07, the Dragons went 23-8, but were left out after a loss to VCU in the semifinals of the CAA tournament.

Last season, Drexel finished 27-6, including a 19-game winning streak, before they lost in the conference championship to VCU. It wasn't enough for the committee. They qualified for the NIT.

"We're at Drexel. We have to be realistic," said Drexel coach Bruiser Flint. "We're not a school that's going to perennially make the NCAA tournament. So any sort of postseason is big for us."

This season, the injury-riddled Dragons stand at 6-11 (2-3 in conference).

PAIGE OZAROSKI



▶ Massenat is averaging 14.4 points and 4.2 assists per game for Drexel.

following last Saturday's 59-48 win over William & Mary. Senior guard Chris Fouch (16.7 points a game) is out for the season with a broken ankle, while leading scorer Damion Lee (18.1 points) has missed four games.

Junior guard Frantz Massenat (14.4 points, 4.2 assists) believes the Dragons are still capable of winning the CAA.

"Last year, we didn't make it with a great record," said Massenat. "If we can make it this year, with a record that isn't so good, that would be crazy. We all have to believe we can do it, though, and play as a team together. That's the only way we'll be able to start winning."

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Report: Eagles set to hire Shurmur to run offense

It appears the Eagles aren't quite ready to completely close the book on the Andy Reid era after all.

According to an ESPN report, the team is set to hire Pat Shurmur as its new offensive coordinator. Shurmur, who was dismissed as head coach of the Cleveland Browns after a 5-11 season, spent 10 seasons in Philadelphia as an assistant under Reid. He specializes in running the West Coast offense.

GETTY IMAGES

▶ Shurmur

New Eagles head coach Chip Kelly, hired last week, is known for his unique spread offense. He is expected to call the offensive plays. The team isn't commenting on the report.

Shurmur spent one season in St. Louis as offensive coordinator before joining the Browns in 2011. He was credited for developing quarterback Sam Bradford, who was named Offensive Rookie of the Year in 2010.

Shurmur went 9-23 in his two seasons in charge of Cleveland. The Eagles also reportedly interviewed Giants linebackers coach Jim Herrmann for defensive coordinator. METRO

Chaney, Gola, Bantom chosen as hoops Legends

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▶ Chaney's 516 wins are the most in Temple hoops history.

Earlier this week, the Atlantic 10 honored a few Big 5 legends with its inaugural Men's Basketball Legends award. Tom Gola (La Salle), John Chaney (Temple) and Mike Bantom (Saint Joseph's) will represent the Big 5.

"The considerable contributions each of these gentlemen made to their institution and its basketball program played an important role in shaping the foundation of men's basketball in the Atlantic 10," commissioner Bernadette V. McGlade said. "Whether it was building a program that eventually became a founding member or furthering the conference as it grew into a basketball power, each of the honorees is a part of the fabric of A-10 history and we're thrilled to be able to honor them."

Gola is the NCAA's all-time leading rebounder, sweeping 2,201 (18.7 per game) in his career. He was inducted into the Naismith Basketball Hall of Fame in 1975.

Chaney guided Temple to 516 victories, 17 NCAA Tournament appearances and five trips to the Elite Eight in 24 years on North Broad Street. Chaney is the Owls' all-time winningest basketball coach.

Bantom is the Hawks' second-leading with 1,151 and ranks ninth in points (1,684). Bantom's No. 44 was retired in 2003.

The group will be honored March 16 at Barclays Center in Brooklyn, N.Y.

Andy Jasner
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Flyers drop back-to-back games to start the season

Orange and Black fall to Pittsburgh, Buffalo Giroux stellar in both games, scores two goals Take on New Jersey tomorrow

All that talk about getting off to a fast start is out the window.

The Flyers are 0-2 after dropping games to Pittsburgh and Buffalo to start the season. It marks only the 10th time in franchise history that the Orange and Black has started 0-2.

Danny Briere (wrist) sat out both games, while Andrej Meszaros played.

Claude Giroux scored a goal in each game, showing off some skilled puck-handling in both contests, while Sean Couturier netted one in the Flyers' 5-2 loss yesterday to the Sabres.

"Right now I think everyone is kind of hesitating in the system because we are all just coming back," said Giroux after Saturday's 3-1 loss to the Penguins. "We have to find a way to have no hesitation and know what we have to do. It's too bad we couldn't get those two points, but our guys battled hard [in the] second and third [periods]."

Perhaps the brightest spot for the team was goaltender Ilya Bryzgalov, who turned away 36 shots vs. Buffalo and 24 vs. Pittsburgh. First-round pick Scott Laughton also played well in his NHL debut and earned extra ice time yesterday.

The Flyers get a much-needed off-day today before heading up the New Jersey Turnpike to take on the hated Devils in a rivalry game (tomorrow night, 7:30). METRO

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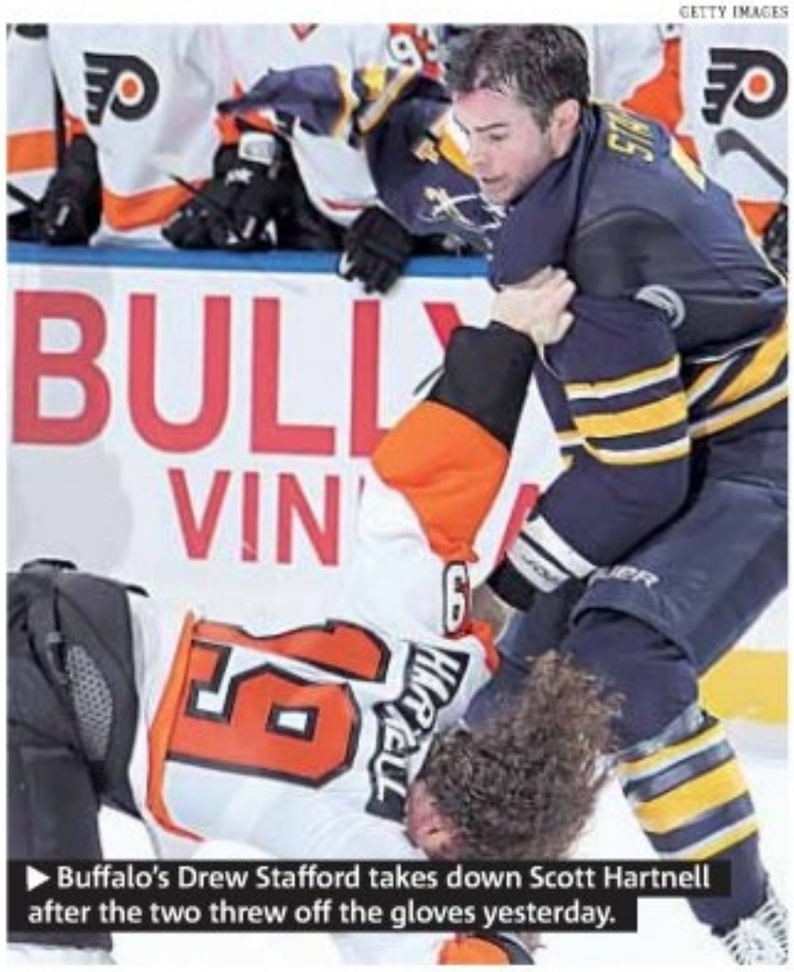

▶ Buffalo's Drew Stafford takes down Scott Hartnell after the two threw off the gloves yesterday.

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Real Estate/Sale

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Do you have Type 2 Diabetes?

Are you having trouble controlling your blood sugar with a non-insulin medication?

If so, you may qualify to participate in our research study of an investigational formulation of insulin for diabetics.

Qualified participants must:
- Be at least 18 years of age
- Have been using a non-insulin medication for at least 6 months

Qualified participants receive:
- Study-related care and study medication at no cost
- Compensation for time and travel

Insurance is not required and transportation is available.

For more information, call toll-free **1.877.406.1165**

Do you or a loved one have bipolar disorder?

Right now, we're enrolling adults for a research study of an investigational medication for bipolar disorder.

Qualified participants must:
- Be 18 years of age or older
- Be currently experiencing a manic or mixed episode of bipolar disorder
- Be available to stay at the study clinic for up to 10 days

Qualified participants will receive:
- All study-related evaluations and study medication at no cost
- Travel reimbursement available

For more information, call toll free **1.866.755.4388**

Are you living with hepatitis C and *have not been treated?*

If so, you may qualify to participate in our research study of an investigational medication.

Insurance is not required and transportation is available.

Qualified participants must:
- Be 18 to 65 years of age
- Have never received treatment for hepatitis C
- Be available for overnight study visits

Qualified participants receive:
- Study-related care and study medication at no cost
- Compensation for time and travel up to $2,584

For more information, call toll free **1.877.299.7511**

Do you suffer from major depressive disorder?

You may qualify for a clinical research study evaluating an investigational medication if you:

- Are between 18 and 70 years of age,
- Have been diagnosed with depression, and
- Your current antidepressant is not relieving all of your symptoms.

Those who qualify for the study will receive study evaluations and study medications at no cost. All calls are confidential.

Contact us to find out if you, or someone you know, may be eligible to participate.

Please visit our website at: www.marigoldstudy.com

1-866-470-8897

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